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Returning you to normal function as quickly and safely as possible

POST OPERATIVE INSTRUCTIONS FOOT/ANKLE SURGERY

1. Take pain medication as directed, **DO NOT WAIT** until the pain is unbearable. After 24-48 hours, if you find the pain medication is too strong, you may switch to Tylenol® Extra Strength (500 mg) - no more than 8 tablets per day (24 hours). **DO NOT** take any NSAIDS (Motrin, Aleve, or Advil).
2. Take one aspirin (325 mg) by mouth every day for 4 weeks unless you are allergic to aspirin.
3. It is normal for pain to increase 6-10 hours after surgery when numbing medication injected at time of surgery wears off.
4. Apply ice (in a bag) to the foot/ankle. Use ice 3-4 times a day for at least 20 minutes during the first 48 hours following surgery. You may apply the ice directly over the ace bandage.
5. **REST** is essential. Get into bed or onto sofa and get the foot elevated above the heart. The body needs rest after the stress of surgery and caution is needed. Be careful of getting up too quickly as postural hypotension (feeling like you might pass out) can be common. Let friends and family help with even simple chores.
6. Weight bearing status:
 - Walk with crutches, weight bearing as tolerated. Bend the knee/ankle to tolerance.
 - Use crutches. **DO NOT** put weight on your leg until your next office visit.
7. Swelling around the knee and down the leg to the foot and ankle region is to be expected for the first few weeks following surgery. If the dressing feels too tight, you may loosen the elastic bandage, elevate the leg, and apply ice to help minimize the swelling and discomfort. **DO NOT** remove any of the dressings.
8. **KEEP THE FOOT/ANKLE DRY** at all times to speed incision healing. Showering can be a challenge. A simple lawn chair in the shower often makes life easier. Special cast bags can be found at some pharmacies. If you use a tall kitchen trash bag, secure at the thigh and then use a second bag a bit further up to keep the limb dry.
9. Call the doctor's office on the day following surgery to arrange for a follow-up appointment. Office phone number is **732-283-2663**. You should be seen in the office 7-14 days following your procedure.
10. **Notify the doctor's office immediately if you notice any fever, excess drainage, or if the post operative discomfort increases and is not relieved by pain medications.**

Nurse Signature _____ Date: _____ Time: _____

Patient/Guardian Signature _____ Date: _____ Time: _____